Cam-mind Newsletter

CAM-MIND'S BEFRIENDING SETS THE STANDARD.....

The one-to-one befriending service provided by Cam-mind has become the first project in Cambridge to achieve the Government-backed ***Approved Provider Standard*** **(APS)** from the national Mentoring and Befriending Foundation. It is currently the only mental health-related project in the Eastern Region to do so. For more details see page 2.

Celebrating success: Cam-mind Services Co-ordinator Hannah Turner (second right) with three of the charity's volunteer befrienders. from left. Shelley Rogan. Helen Coskeran and Patrick Hoskin.

"ON-FOOTSE" TOP 100

Have you got what it takes?

100 Companies
100 Runners
1 mile each

Cam-mind launches this year's fundraiser taking place on Sunday 3rd October – for more details see back page.

Right: Allotment volunteer Tony Moore with Barclays staff members

Right: Allotment volunteer John Richards with Barclays staff members

Barclays Community Account Managers Dig for Cam-mind

For more information see page 4 .....

Spring/Summer 2010
Barrere House,
100 Chesterton
Road, Cambridge CB4 1ER

Tel: 01223 311320 Fax 01223 356947
Email: admin@cam-mind.org.uk
Web: www.cam-mind.org.uk
Registered Charity No. 265087

mind For better mental health

Approved Provider Standard

mhfa

MINDFUL EMPLOYER

Service Users' News

POTTERY GROUPS at Cam-mind – run by potter, Bob Race, on Tuesdays and Thursdays, provide a great support to many.....

"We hum, sing, chatter, we get feedback from others in the group and it helps with our self-confidence. We learn to think before we speak. Sometimes it takes a long time to make things and if you think about it, it's like life away from the group. I think some of us feel the experience of the group probably makes us less fazed by mistakes or failures in that we are less aggravated and annoyed by our failures. When things go wrong now, I think that's a rubbish recipe. I don't blame myself for getting things wrong. I can go with the flow more. Through the trial and error approach with my clay pieces I'm learning making skills and life skills at my own pace. I've got more patience now."

"Nobody minds what you make here so I am free to do what I want to. I'm not tired at the end of our session but I feel more relaxed"

"This group helps people through troubled times"

"Lots of people are depressed; they should come here to play with clay. Clay gives me something to focus on which I get a sense of achievement from. Even if the rest of the week is bad I've got something good to show and to look forward to"

To see more pictures look at the gallery on our website:

www.cam-mind.org.uk/gallery

(click on a photo to enlarge it)

Continued from front cover: **Cam-mind's Befriending sets the Standard**

The 12 point APS standard covers everything from effective organisation, staff competence and supervision, through to monitoring the service and evaluating its effectiveness. Cam-mind is now one of more than 800 projects to have reached this standard nationwide.

Cam-mind's befriending service supports individuals who have become particularly isolated as a result of their illness, and is designed to help rebuild confidence and support recovery.

Service users are carefully matched with volunteer befrienders with similar interests. They then meet for an hour or so a week to pursue an activity within the community, which might be anything from a trip to a supermarket to going to the gym, cinema, night class or local library. It is a service that is in high demand and receives consistently positive feedback from both service users and mental health professionals.
We are absolutely delighted to have achieved the APS Standard and would like to thank Hannah Turner, our Services Co-ordinator, for all her hard work. This quality mark has given us a very strong foundation for continued improvement and development and should be invaluable in helping us to attract further funding and to recruit more volunteer befrienders - without whom this project could not operate.

If you would like to find out more about befriending please contact Hannah at the Cam-mind Office or download a volunteer referral from from our website: www.cam-mind.org.uk

Cam-mind makes Sunday special for everyone attending the twice monthly Sunday Lunch group. Meeting friends and sharing the jobs from setting up, cooking and clearing up is all part of what makes the group such a happy place for the volunteers and service users.

Why I like Sunday Lunch Club

I have been coming to the Cam-mind Sunday Lunch Club since it started many years ago.
The food is marvellous and very like home cooking. We always have a varied menu, which caters for all sorts. Jane often asks the members what they fancy for the next club.
I look forward to our Sunday Lunches, to meet the many people who attend. I would personally miss the good food, which is so appetizing if the Sunday Lunch Club was ever forced to close. Jane is certainly a better cook than I am.
Well done Jane and her helpers. ***Patrick B***

I always really look forward to coming to the Sunday Lunch Club. Sunday is a difficult day and it's such a treat to come and be with my friends and lovely volunteers who give of their time. We always have a deliciously cooked lunch and it would be such a pity to lose this wonderful Club.

Claire

****

I enjoy the well cooked food and enjoy meeting everyone who comes. **Bettine**

****

I look forward to coming. I find it one of my most popular places and I enjoy the marvellous food.

David S

****

It is a nice place to come and meet people and have good food. Jane's does a marvellous job with the help of her volunteers. John E.

****

I like the way everyone is welcomed. **Terence**

****

There is a wonderful variety of good food. Norman

CAM-MINDERS HEAD OFF TO YARMOUTH!! **On Thursday 1st July we all set off to Yarmouth and had a glorious sunny day together by the sea doing whatever we wanted!**

Monday Evening Club

members enjoyed an evening with Carlos making pictures and shapes using an assortment of cuttings.

FOOTBALLERS REPRESENT BRAZIL IN 'WORLD CUP' CHALLENGE

Footballers from the Cam-mind/Cambridge City Council Friday evening football sessions represented 'Brazil' in the Cambridge City Council/Football Associations Mini-world cup event on 12 June – for pictures see page 14.

The annual event, on Coldhams Common brought 52 teams together from across the local community.

Our team, coached by Craig Radcliffe , played some great football and narrowly missed getting through to the play-offs. " It was a brilliant team effort and everyone had a great time," says Craig.

Two football sessions are now run as part of the Cambridge City Council's Invigorate programme and bring together Cam-mind's pilot football project and the City Council's Hopebridge project, but they are also open to members of the wider community. The project is currently funded by Cam-mind, the Cambridge City Council and the Football Foundation, and we are now seeking more funding to develop it further.

The daytime training session is on Jesus Green at 1.15pm to 2.15pm on Tuesdays and the evening session is at Chesterton Sports Centre Astroturf from 7pm to 8pm on Fridays. To find out more please contact Aly on 01223 311320 or Cambridge City Sports Development Service on 01223 457000.

ART GROUP ENJOY A MORNING AT THE FITZWILLIAM MUSEUM

On the morning of 25th May 2010 a small group from the Cam-mind Tuesday Art Group met at the Fitzwilliam Museum in Cambridge. Our main purpose was to admire (hopefully) their latest exhibits of modern art sculptures which are elegantly displayed within the Museum's spacious grounds. It was apparent that a lot of thought and planning had gone into the design of these pieces, despite some examples being less appealing than others.

The Group then went inside to browse at some of the paintings on show. We picked a small section which paraded some really great works of a stormy sea theme.

Luckily, we secured a lovely sunny day and all enjoyed refreshments outside.

I would like to thank Jane Pryor and Fliss Cadbury, our two volunteers, for arranging the trip on that morning.

Robert Turner

HAVE YOU SEEN CAM-MIND'S NEW-LOOK WEBSITE?

www.cam-mind.org.uk

We would like to thank Luca Clarkson who was there at the beginning and helped us to put together and maintain our website. We wouldn't be where we are now without you Luca. Unfortunately for us Luca moved to sunny Devon sometime ago and it was getting more difficult for him to keep the site up to date. Our new volunteer web developer is Martin Ward, who found us last year when we were the charity chosen to benefit from the Chariots Race, and offered to help. Thank you Martin for all the work you have put in to the new-look site and we look forward to working with you in the future.
If you haven't logged on to our website lately –take a look –we have a new gallery, regular updates of events, information on the services we can offer, including befriending, groups & projects, housing support, mental health training, and much more!!

Barclays Community Account Managers Dig for Cam-mind.. continued from front page... Article by Allotment Volunteer, John Richards.

To start at the beginning, I would like to thank Kevin Rogan for muscle and transport to get equipment on site. Then, on Thursday 25th March staff from Barclays Community Account Managers Division in the Chesterton Road Branch, (Paul's ladies team of 4 girls), turned out to help dig and prepare the ground at our allotment ready for our poly tunnel. They are the finest and most beautiful hole diggers in East Anglia, even if, due to my inability to read site plans they dug 4, 3 foot deep holes more than necessary. Sorry girls and thanks to you all for your help. They all returned again on Thursday 20th May and helped to erect the tunnel itself on the site, together with Tom Licence- without whose building expertise and muscle we would never have managed it.
The poly tunnel has, purely as a start, been planted with Tomatoes, Melons, Aubergines and Peppers. Apart from the poly tunnel excitement, the allotment is looking good. After the bad frost of last month which left our potatoes looking sad everything including potatoes is fine. We have started picking Broad Beans and Spinach. Crops to follow which are all up and looking good are Onions, Garlic, Beetroot, Sweetcorn, Parsnips, Carrots, Raspberries, Strawberries, Runner Beans, Courgettes and Marrows. For the winter we shall soon be planting Cabbages, Sprouts, Leeks, Broccoli and Cauliflowers for next spring.
As we now have the tunnel, in order to keep it occupied during the winter months -and ourselves! - we think we might grow pot plants or something similar for other charities with Homes or Hospitals. Since we have been lucky to have our allotment facility we think this would be a nice way to say thank you. Also if we can convert this to a fundraising enterprise to make Cam-mind some money - even better.

We are a happy bunch, meeting on Friday morning. The allotment is in Nuffield Road and we are members of the Allotment Society. No gardening experience is required so why not join us, we pack up tools at mid-day on Friday. If you are interested please contact Hannah or give your name and contact number to anyone in the office.

Left to right: Harry, Mark, Carol and Gill

THURSDAY COOKING GROUP HAD LUNCH IN STYLE when they went to Jamie Oliver's new restaurant in Cambridge on the 29th April.

Harry has written the following article: "Four of us from Cam-mind went to Jamie Oliver's new restaurant opposite the Corn Exchange. The staff were very friendly and showed us to our seats. Upon looking up from our table was a view similar to the Sistine Chapel. High up on the marble pillars were cherubs much like the ones I may have seen when years ago I visited the Uffizi gallery in Florence where a statue of the famous David by Michael Angelo stands outside.

Every course of the three servings I had was delightful and the taste exquisite. Although the starter was modest, the price was very reasonable for a restaurant with stunning views, and tastes to excite a Michelin-starred chef. There is lots of room inside as well- ideal if you have a business lunch or you are celebrating a special occasion. We all had a great time!"

INVIGORATE

PHYSICAL ACTIVITY SESSIONS FOR MENTAL HEALTH SERVICE USERS IN CAMBRIDGE

Activities include:
Football, Gym sessions, Tennis, Badminton, Multi-sport activities, Yoga, T'ai Chi, Swimming

Sessions are co-ordinated by Cambridge City Council and our supported by Cambridgeshire + Peterborough Mental Health Trust and Cam-mind.

Sessions are fun and are provided at a subsidised rate. Membership to join the programme is free, but essential. For more information on the programme, to join the scheme or to request a latest edition of the Invigorate activity brochure, please contact 01223 457000 or e-mail: sportsdevelopment@cambridge.gov.uk

Cambridgeshire and Peterborough NHS

CAMBRIDGE CITY COUNCIL

change 4 life

Service Users Events – Dates for your Diary

SUMMER BARBECUE
Saturday August 21st

HALLOWEEN DISCO
Saturday 30th October
DJ – Charlie T from Pro Disco Hire

CHRISTMAS PARTY
Sunday December 12th

Full details of these events will be circulated nearer to each date.

Our thanks go to Mrs P Morrit who donated cheques totalling £443.40 to Cam-mind in memory of her husband Peter.

Thank you to Jenny Houghton and Ian Pope for all your work in the garden at Chesterton Road

MILESTONE FOR MHFA

Cam-mind's Mental Health First Aid (MHFA) instructors delivered our TENTH course in May, which brings the number of people we have trained to more than 100 over the past year.

The two-day certificated course has been delivered in-house to Cam-mind's own staff and volunteers but also to representatives from a wide range of other organisations ranging from local authorities, NHS trusts and various charities to housing associations and colleges as well as members of the public.

"It has been great to have reached such a wide range of people with MHFA, "says Cam-mind instructor Aly Anderson. "We have received really positive feedback so far, with many attendees reporting a considerable increase in their understanding of mental health issues and in their confidence in supporting someone experiencing mental distress."

"Our aim now is to build on that success and to reach an even greater spectrum of people and employers over the next year."

Mental Health First Aid is a national training programme and equips participants with the skills they need to recognise the symptoms of common mental health problems, provide initial help to someone experiencing mental distress and guide them towards appropriate professional help. On completion of the course, participants receive both a course handbook and certificate.

Cam-mind's next open course is being run at the Meadows Community Centre in Cambridge on 15/22 September 2010. To book a place or find out more, please contact Aly Anderson on 01223 311320 or email: development@cam-mind.org.uk

John Wiltshire

CAMBRIDGE OPEN studios

Open Studio

3, 4, 10, 11, 17, 18 July 2010
11am-6pm

35 Sturton Street, Cambridge CB1 2QG

JOHN WILTSHIRE
Nest / The Bridge East
Acrylic on calico 35x24cm 2010
www.johnwiltshire.net

JOHN WILL BE RAISING MONEY FOR CAM-MIND AGAIN this year during his Open Studio when you can see new work, including paintings inspired by Darwin. John will be serving cake and cordial in his tranquil garden in the centre of Cambridge. Please support John and Cam-mind and have a day enjoying the many open studios in the area. Visit **www.camopenstudios.co.uk** for more information.

DO YOU ENJOY COOKING? ARE YOU FREE TWICE A MONTH ON A SUNDAY?

If the answer is yes then please come and manage our Sunday Lunch Group with help from volunteers. Please bring your ideas to Hannah at Cam-mind. We would love to hear from you.

Thank you so much to everyone involved with the Student Rag Appeal for donating £1,750 to Cam-mind

Fundraising News

City Centre Street Collection April 17th

We were blessed with a lovely sunny day for our collection and managed to raise **£329.73** Thank you to all our collectors who did a great job and to Sue Binns from the Michaelhouse Centre for letting us use one of her rooms as our base. Also many thanks to Wardrobe for the free hire of the costume and to (Harry) alias Camilla the Chipmunk for suffering the heat and making lots of children laugh!

Well done Renee and all your helpers for raising £104 on the Cam-mind Stall in Addenbrookes' Outpatients Department on 8th April.

CAMBRIDGE BIG DAY OUT ON PARKER'S PIECE – SATURDAY JULY 10th -

Please Come and see us on the Cam-mind stall and have a go on our tombola!!

Ben Chivers completes Paris marathon for Cam-mind on Sunday 11 April 2010

Ben completed the race in 4 hours, 56 minutes and 7 seconds and has raised a fantastic total of £3,749.33 for Cam-mind.

Thank you so much to Ben for all your efforts and to all those who supported him.

If you enjoy running and would like to do it for Cam-mind please contact Alison at the Cam-mind office with details of your event. Thank you.

From left: Nadia, Shelley, Renee and Zena Mary

THANK YOU TO RENEE and everyone who made cakes and or helped for doing the Bumps Teas once again on June 11and 12th and raised the grand sum of **£753.02**. We would also like to thank the Manager – Lucy – from Chesterton Road Co-op for donating items, Tesco Express Chesterton High Street for their gifts towards this event, Icini Water – Duxford and the Cam-mind Thursday cooking group.

Since Renee started the teas in 2008 she has raised £1,544.53!!

WELL DONE TO JANE ELLAM AND EVERYONE WHO HELPED for raising

£248.64 at the Arbury Carnival on Saturday June 12th

Many thanks to Sainsburys and to all our loyal collectors who helped again on 1st and 2nd July at the store. See next edition for total raised !!

Thank you to the Manager at the Texaco Garage, Duxford for holding a collection box for us and raising £59.03 up to April 2010.

Thank you to Waterbeach Stores & all their customers for raising a total of £58.80 in two boxes and thank you Karin for collecting the box.

A very brave lady!! Running for Cam-mind

Kim Masson ran in the West Highland Way Race which started at 1am on 19th June at Milngavie Railway Station (7 miles north of Glasgow) and ended by noon on 20th June at Fort William Leisure Centre — a distance of 95 miles, mostly off road with very challenging terrain — a real test for her!"

Kim managed to complete the race and a full report of what she has managed to raise for Cam-mind will be in the next edition. **Thank you Kim for supporting us and also thanks to all your sponsors.**

Thank you to Shelley for doing a car boot stall for Cam-mind and raising £30.

Thank you Ian for donating computer equipment to Cam-mind

Back: Left to right: Graham, Margaret, Doreen, Betty, Amie, Simon, Lynn, Chris, Keith, Alison Front: Left to right: Ethan, George, Karen, Suzy, Elsie and John.

CONGRATULATIONS & THANKS TO KEITH EVANS AND HIS FAMILY

Keith's stall outside his house, selling books, tea & coffee, tombola and bric-a-brac at the Thriplow Daffodil Weekend - 20 and 21st March 2010 - raised £1,159.88. This brings the total raised over the 8 years that Keith has run the stall, together with a contribution from the Thriplow Daffodil Committee to a marvellous:

£10,146.82

JEWELLERY

TEA
COFFEE &
CAKES

CLOTHES

CAM-MIND GRAND SALE

BRIC-A-BRAC

TOMBOLA

LOTS OF
BARGAINS

Saturday 24th July
Hester Adrian Centre
1pm to 4pm
FREE ENTRY

BOOKS

Cam-mind is collecting JEWELLERY to sell at our Fundraising Events. If you have anything we can sell (modern or classic styles) we would be happy to receive it at our office, 100 Chesterton Road, Cambridge

Many thanks to Polly and all her work colleagues for raising £130.01 in our collection box

Thank you Karin for raising £5.10 in your collection box

CHAMPAGNE DRAW

When you are next in the Cam-mind Office please spend £1 and have a go on our Champagne Draw. Ask Alison for more info.

We are grateful to the Festival Organisers for once again supporting Cam-mind .

www.fordhammusicfest.org

If you would like to help on the Cam-mind stall at the event please let Alison know.

Thank you to Polly and Glenda for doing a car boot sale for Cam-mind on 10th April this year and raising £66.65.

Thank you to Enid's daughter, Gillian and relatives and friends for donating £505.15 in memory of Enid to Cam-mind. The money will be used to pay for our summer outing to Yarmouth when there will be no charge in Enid's memory.

Thank you to Sally Smith for all your work with our recruitment campaign trying to attract new volunteers

We were very sad to hear of the death of Dr David Clark, one of Cam-mind's Vice Presidents, in his 90th year, on March 29th.

Dr Clark was appointed Medical Superintendent at Fulbourn Hospital, Cambridge in the 1950s. With his blessing, Ruby Mungovan and Jean Ferguson, both social workers, were involved in setting up a volunteer network at the hospital, thereby making contact with the community outside.
Dr Clark joined Cam-mind (then Cambridgeshire Mental Welfare Association) Executive Committee and was later appointed Vice President of our organisation.

CAMBRIDGESHIRE MINDFUL EMPLOYER NETWORK

Mental health problems, such as anxiety and depression, list among the top reasons for absence from work. The cost to UK businesses is an estimated £25.9 billion per year and, with one in four people affected, Cambridgeshire employers cannot afford to be blasé about their own mental health - or that of their workforce.

Hence Cam-mind has joined forces with Hunts Mind and Peterborough & Fenland Mind (working jointly as the Cambridgeshire Minds Partnership) to facilitate the launch of a Cambridgeshire-wide Mindful Employer Network. The aim is to support local employers in looking after the mental wellbeing of their staff and to encourage more business and organisations across the county to sign up to the national Mindful Employer Charter.

Working alongside the Cambridgeshire Minds Partnership to make this happen is a steering group made up of a wide range of other public, private and voluntary sector organizations. They are: Andy's Kars, Cambridge and Peterborough NHS Foundation Trust (CPFT), Cambridgeshire Chambers of Commerce, Environment Agency, Hewitsons, NHS Cambridgeshire, Peterborough United Football Club and Richmond Fellowship.

Mindful Employer is a nationally recognised charter mark, with members ranging from government agencies to high street building societies. It provides a way for employers to demonstrate commitment to the mental health and wellbeing of their staff. It aims to increase awareness of mental health at work, support employers in the recruitment and retention of staff and make it easier to talk about mental health in the workplace.

And the **business case** is compelling. . . Real commitment to being a Mindful Employer will impact on the key areas of:

- **Reduced sickness absence**
- **Enhanced customer service**
- **Improved productivity**
- **Staff retention**

To get involved, please contact Aly Anderson at Cam-mind (01223 311320), Emily Gray at Peterborough & Fenland Mind (01733 758211) or Joan Harding at Hunts Mind (01480 470480). For details on Mindful Employer, log on to www.mindfulemployer.net.

Watch this space for information on events/resources as this project develops.

HAIRDRESSERS SUPPORT ANTI-STIGMA CAMPAIGN

time to change
let's end mental health discrimination

AN anti-stigma campaign targeting hairdressers and barbers has been given the thumbs up by local salons.

So far three hairdressing businesses in the Chesterton Road area and one in Sawston have agreed to get involved in the campaign – with several others also showing interest. Those that do get involved will display materials from the national Time to Change Campaign in their salons.

"The Time to Change campaign focuses on challenging the many myths that surround mental illness and promoting the message that 'it's OK to talk about our mental health'," explains Aly Anderson.

"All we are asking hairdressers to do is to display the anti stigma materials and be prepared to listen to their customers' responses."

The hairdressers and barbers campaign is an NHS East of England project. Although Cam-mind is receiving no direct funding for its involvement – a payment of £10 will be paid into core funds for every hairdresser or barber we recruit.

If you are a hairdresser or you think your hairdresser might be prepared to get involved, please call Aly on 01223 311320.

MEMBERSHIP

CAM-MIND NEEDS YOU. If you believe in what we are doing and can afford a minimum subscription of £10 per person per annum, please join us. Part of our strength is dependent on the number and support of Members. If you can, complete and return this page to the Membership Secretary at Barrere House (full address below).

I/we wish to become a Member/Members of CAM-MIND. My/our details are as follows.

Title(Mr/Mrs/Miss/Ms etc).....

Initials.....Surname.....

Title (Mr/Mrs/Miss/Ms etc) .....

Initials.....Surname.....

Address.....

.....Post Code.....

Telephone No .....Date.....

It is helpful if you are able to complete the Banker's Order and the Gift Aid Declaration (if applicable). If you are joining as a couple, the Gift Aid Declaration needs only to be completed by one of you. The *date on the Gift Aid Declaration should be the first intended date of the payment of your Banker's Order. Should you wish to make your subscription by any other means, you are welcome to do so, completing the Gift Aid Declaration appropriately and if applicable.

GIFT AID DECLARATION

I confirm that this first subscription I am making on *.....and any subsequent subscription or donations I may make to CAM-MIND may be treated as Gift Aid donations and that I am paying income tax (or capital gains tax) equal to the tax you will reclaim on such donations.

Date as above. Signature.....

Full Name.....Address/Post Code as above.

BANKER'S ORDER

To The Manager.....Bank plc

Address.....Post Code.....

Please pay to Barclays Bank plc, Bene't Street, Cambridge CB2 3PZ (20-17-19) for the credit of Cambridgeshire Mental Welfare Association Ltd, Account No. 80211192 the sum of

£.....(amount in figures).....(amount in words)

commencing.....(date) and .....(frequency of payment i.e., annually, quarterly or monthly) until further notice.

This cancels any existing order to Cambridgshire Mental Welfare Association Ltd.

Signed.....Address.....

.....

A/c Name.....A/cNumber.....Date.....

Please return the whole of this page including the Banker's Order to the Membership Secretary, Cam-mind, Barrere House, 100 Chesterton Road, CAMBRIDGE CB4 1ER. Thank you.

If you would not be happy for your name to be published in our newsletter as a subscribing member please tick box. ☐

VOLUNTEER GET TOGETHER

The Cam-mind Trustees held a coffee morning for volunteers at Renee's house on Saturday 22nd May. The weather was perfect and made having coffee in Renee's garden a lovely way to spend Saturday morning and definitely beats the shopping!! Thank you Renee & David for letting us use your beautiful house and garden so that we could get together and meet each other and chat.

THANK YOU TO ALL OUR VOLUNTEERS FOR THE GREAT AMOUNT OF WORK THAT YOU DO WITHIN CAM-MIND

Thank you to the Cambridge News Press Relief Community Fund for donating £850 to Cam-mind for the purchase of new equipment.

Thank you once again Elaine from Elaine's Hair Fashions, Cambridge, for supporting us by holding a raffle and raising £40.

This newsletter was edited by Alison Humphreys

Please contact me at the cam-mind office if you have any reports/items of interest to put forward for inclusion. 01223 311320 or admin@cam-mind.org.uk or by post to the office.

Photographs in this edition were taken by Aly Anderson, Alison Humphreys, Polly Stokes, Norman Worton, Renee Evans, Paul Zuppinger- Barclays, Gill Drake, John Richards, Harry Bowyer, Bob Race, Carlos De La Riva & Barry Humphreys.

Contributions were gratefully received from Robert Turner, Aly Anderson, Invigorate (Cambridge City Council), Harry Bowyer, John Richards, Alison Humphreys, Patrick B, Maxine, Claire, Bettine, David S, Terence and Norman.

Thank you to Susan Hilken for proof reading the finished copy.

Thanks Tony for helping to sort out a couple of queries with Access on Alison's computer!

Here's a recipe tried and tested in our cooking group for you to make....

VEGETARIAN HERDER'S PIE

Ingredients
8 medium Potatoes
3 medium Onions
3 teaspoons of Oil
5 Garlic Cloves
2 Stock Cubes
Qourn Mince
Plain Flour (enough to get desired consistency)
Milk
Butter (optional)
Salt and Pepper

Equipment
3 Saucepans
1 Roasting Dish

1. Boil peeled Potatoes in salty water
2. Roast chopped onions and crushed garlic in 3 teaspoons of oil in the oven
3. Make up stock cubes.
4. Cook quorn in half of the stock.
5. Put roasted vegetables in pan and stir in flour and remaining stock.
6. Once quorn is cooked add it to the vegetables and stir.
7. Drain boiled potatoes and mash with as much milk as needed for desired consistency.
8. Add butter to potatoes if desired.
9. Put vegetables and quorn in dish and spread a thick layer of mash on top.
10. Season and bake in oven until top layer is crispy.
11. **Enjoy!**

KEITH AND RENEE ATTENDED A BUFFET RECEPTION ON 24TH MAY AT FREEMASONS' HALL,
Bateman Street, where Cam-mind were presented with a cheque for £2,000 towards our work. Many thanks to Jim Whitehead for putting our name forward to their Committee.

Britannia chooses Cam-mind

Thank you to Nadia who works at Britannia in Sidney Street, Cambridge for putting Cam-mind forward to be their Charity. They will be selling books for us and displaying our publicity information as well as entering a runner in our On-Footse fundraising event (see back page). **If the Company you work for could help Cam-mind in a similar way please do let us know.**

DO YOU LIKE ART?

Sadly Fliss and Jane have to leave us in September and we desperately need two people interested in Art to become volunteers in our Art Group on Tuesday mornings between 11am and 1pm. If you can help please contact Hannah at the Cam-mind Office.

Bingo & Social Afternoon brings in the winners!!

A great afternoon was had by all on Saturday 15th May when we gathered at the Hester Adrian Centre for tea, cakes and bingo. There were also clothes and jewellery stalls and a raffle.

Eyes down as Louise calls the numbers.

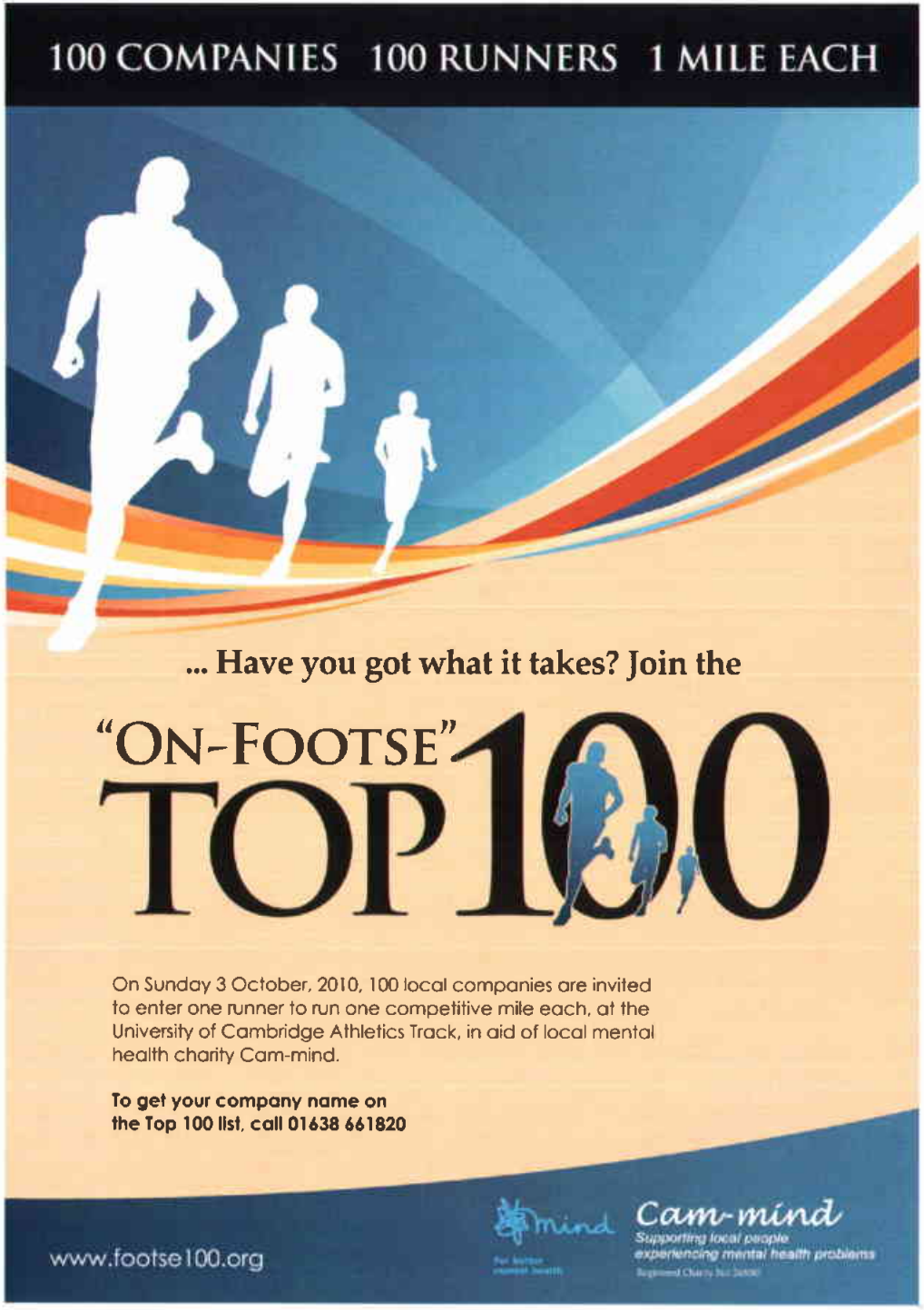
Two of our winners – Paul and Jackie

FOOTBALLERS REPRESENT BRAZIL IN WORLD CUP CHALLENGE!!

For more information about this great event see page 3

MIND WEEK 15 – 22 MAY 2010
Mental Health Awareness in the Workplace

Aly and Hannah engaged the public in talking about mental health and work on our stand in the Grafton Centre during Mind Week. Thanks also to Shelley for your help.


100 COMPANIES 100 RUNNERS 1 MILE EACH
... Have you got what it takes? Join the
"ON-FOOTSE" TOP 100
On Sunday 3 October, 2010, 100 local companies are invited to enter one runner to run one competitive mile each, at the University of Cambridge Athletics Track, in aid of local mental health charity Cam-mind.
To get your company name on the Top 100 list, call 01638 661820
www.footse100.org
mind
Cam-mind
Supporting local people experiencing mental health problems

CHARLES HEWITSON THROWS DOWN GAUNTLET

CHARLES HEWITSON, Hewitsons SeniorPartner, has been the first to sign up for Cambridge's 'On-Footse' Top 100 charity race later this year – and is throwing down the gauntlet to other members of the local business community. . .

The On-Footse race, at the University Athletics Track on Sunday, 3 October, invites 100 local employers to put up one runner each to run one mile as fast as they can – to compete for a place in the 'On-Footse' Top 100 Index.

This is the second year for this event which raises money for the local mental health charity Cam-mind, of which Charles Hewitson is president. First held in 2008, it attracted serious competitors and fun-runners alike.

"This is a unique event which taps into the good-natured competitive spirit of local businesses as they compete for their place in the On-Footse listing," says Charles Hewitson. "However, it's not just for the super-fast, budding Roger Bannisters and finish times will vary widely."

The event is run in timed heats on the 10-lane athletics track, finishing with the grand final for the top 10 places. "It will be good fun for spectators and promises a great atmosphere," adds Charles, whose own Personal Best time will remain a well kept secret.

Entry fee for the event is just £25 per business/organisation. No sponsorship is required, but entrants are asked to hold a small fundraising activity – ie a dress up or down day – in aid of the charity. For more information and to check out the 2008 event log on to www.footse100.org – or contact Wendy Von Niebel on 01638 661820.

Charles Hewitson of Hewitsons with Aly Anderson from Cam-mind at the Cambridge University Athletics Track.